

At Your Leisure

March 2009



We are *lucky* to announce Resident of the month as Leslie Epperson of C2's Flagstown unit! Leslie was born in Oklahoma, but came to Arizona as a small boy and grew up right here! While still a teenager, Leslie was drafted into the military and, "fought the Germans in World War II." Leslie was stationed on a naval ship. He recalled an incident when a German soldier with a huge bayonet came running up and shouted, "The War is Over! The War is Over!" That was a happy time for everyone.

When Leslie returned from the war overseas, he was 226 lbs. and, "muscle all over." Reliable sources have told us that he was a force to be reckoned with. Leslie has been living at the ASVH less than a year and continues to enjoy a routine of exercise class with our resistance trainer Mike. When asked about other athletic pursuits, Leslie mentioned that he played basketball and football in High School. He loved the support of his mother who would shout, "That's my son! That's my son!" when a favorable play was executed.

Growing up in Arizona, Leslie enjoyed many of the popular pastimes unique to this area. He loves animals, favorites including German Shepherd dogs (he's had two of them) and horses. To ride a horse you should mount him on the left, and bring carrots with you too. In his spare time, Leslie enjoys reading Westerns and watching them on TV. His favorite actor is John Wayne, hands down!

Leslie worked for the city of Phoenix for 28 years. His favorite food at lunch is tamales, and his favorite dessert is apple pie and ice cream. He always enjoys the times when recreation therapy sponsors and "bring-in" of food from outside the home, and hopes we will continue this practice.

Leslie has a supportive family. He has one brother, three daughters, and two sons, one of whom is a Captain at Camp Glover. Several family members live in the Phoenix area and one daughter lives in Dallas, Texas.

When asked what advice he might have for those reading the newsletter, Leslie mentioned the need to stay in school and get an education. This ensures that you have a direction in life and stay out of trouble! Thanks for the advice Leslie, and congratulations on becoming March's Resident of the Month 2009!



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Editor
Candy Covarrubiaz

Volunteer Information



Volunteers Needed:

Turf Paradise Outing Tuesday March 3rd 10:00 A.M. – 5:00 P.M.

Shopping Trip Wednesday March 11th 8:30 A.M. – 12 noon

Renaissance Fair Sunday March 29th 9:00 A.M.– 4:00 P.M.

Weekend Shifts at the Gift Shop (3 hour shifts)

Thursday Canteen Trips next door at the Hospital 10:00 A.M. – 12:30 P.M.

We believe the Veterans here are some of the finest bingo players in the world. On March 25th we are hosting the first annual Marathon Bingo to prove this point. We need the local organizations and volunteers to sponsor an hour of our Marathon Bingo. Your group would need to purchase bingo coupon booklets (approximately \$50.00 per hour). If possible we would like groups to come in and run your bingo hour, but if your group is unable to volunteer during the day, we would still gladly accept your sponsorship. Please sign up with Leslie Goin, 602-248-1575.

Employee Association

We want to thank all employees for supporting the Employee Association. Our valentines day grams were a success. Special thanks go out to Dee Nardone and Christine Cavazos for delivering Singing Grams. Carnations and box's of conversational hearts were also given out. We would also like to thank Georgianna Day for dressing up like a heart to deliver candy grams, and congratulations to Maria Tovar for being the top seller.



We also had our yearly chili cook off on Thursday Feb. 26th. This event was also a great success thanks to the many employees who came out in support. Employees and residents casted their votes and the winners were:

Best Traditional (Human Resources Dept.), Best Vegetarian (Gabe Forsberg), Spiciest (Zach Stoddard), and Most Unusual (Financial Services Dept.). Also Etta Jones won a 13 inch T.V. in our Raffle, Pamela Minunni won the star performer award for the month along with a \$20.00 gift card, and Joseph Stephen for being the ASVH employee of the month. Congratulations to all the winners.

The following are key players in this program: Nancy Sehr, Michelle Doherty, Jackie Beckett, Zach Stoddard, Judy Smith, Kelli Gordoux, Maria Tovar, Dee Nardone, Kirsten Witbeck, Georgianna Day, Jackie Nischan, and Michelle Cummins. Needles to say that without the efforts of these key people the Employee Association wouldn't be what it is today, thank you.



Thank You to Our Donors



Orchid Society
Sun City Elks
Joe Hopf and family
Phoenix West Elks 2729
Elks Lodge 335
Sun City Elks
Salvation Army
Scottsdale Christian Academy
Arizona Swing Kids
Maureen Hawkins
DAV 22
VFW Post 1433
VFW Post 6310
VFW Post 9400
VFW Post 3513 Auxiliary
Feet First Ministry
American Legion Choir
82nd Airborne Association

Ladies Auxiliary to the VFW Post 3632
American Legion Auxiliary Choir
American Legion District 12
American Legion Post 27
American Legion Post 29
American Legion Post 105
American Legion Post 1 Auxiliary
American Legion Post 1
American Legion Auxiliary Unit 44
American Legion Post 44
Kerr Cultural Center
Boulder Ridge Stompers
Cameo Club
Sun City Grande Fishing Group - Hooked on Fishing
Scottish American Military Society



Family Council

Please join the families of ASVH at the monthly Family Council Meeting that occurs every third Saturday of each month at 10:00 A.M. in the Training Center. This is a time for families of ASVH to come together to resolve issues, express concerns, share ideas of how to improve the lives of our veterans, as well as be a support system to each other. We welcome you to make the Family Council whatever you want it to be. The next meeting will be March 21st at 10:00 A.M.

Thank You,
Carrie Langford, LMSW

Changes

Attention all family members, to improve resident safety and security, Family and Visitors will be let out of the secured C-1 areas by Veteran's Home Staff. Security code numbers are being changed and the new code numbers will only be given to appropriate staff. From now on, when completing your visit, you will have to ask for assistance from a staff member to leave the C-1 Unit. Please consider this change as positive; it will increase security and provide a safer environment for our residents.

Thank you for your cooperation.



Wish List



Donations Needed

Lanyards to hold name badges for residents
Pudding cups of non-refrigerated puddings (sugar free or regular)
Ice Cream Treats on the weekly bus trip (\$25.00 per week buys everyone an ice cream cone or soda pop)
Chia Pets
VA Canteen Booklets (in 50 cent or \$1.00 amounts)
Gift Cards to iTunes or Walmart Downloads
Lounge Pants (similar to sweat pants but made out of light cotton, sizes M, L, XL, XXL)
Planted bulbs waiting to be watered and bloom
Electric Citrus Juicers (need 4 of them, 1 for each unit)
\$5.00 gift cards to Wendy's Fast Food Restaurant
Dog Stroller for our volunteer pets
Larger Juicing Machine such as a Vita Mix
Entertainment Sponsorship (our budget does not allow us to bring in quality performances we would like to offer a quality show 4 times per year, each show costs between \$100.00 to \$300.00)
Frozen Yogurt Machine
Rhoades Car (surrey bicycle for 4) \$5,000.00

Donations No Longer Needed:

Thanks to all our donors, the shelves of the Honeywell Library are now full. Though this is hard to say, we are no longer accepting donated books.

We are no longer accepting toiletry items due to the risk of outdated supplies. Please consider donating money to the gift shop token program. These funds are placed on the books of each resident so they may purchase items of their choice.

Donations with a Stipulation:

We are only accepting puzzles that are 100 pieces or less.



Filed For 2008 Yet?

The tax laws provide some special benefits for active members of the U.S. Armed Forces, including those serving in combat zones. To learn more about military taxes, visit the Military.com Tax Center.

Resident Birthdays

Stewart C Mathews 03/04

Charles Venn 03/07

Leroy P Schneider 03/12



Jefferson D Perry 03/17

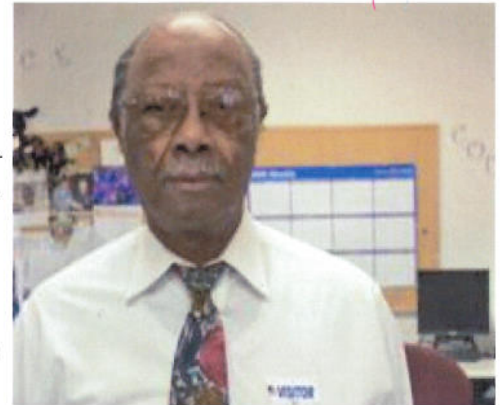
Joe L Anaya 03/20

Harold C Nelson 03/21



Volunteer Spotlight

The Arizona State Veteran Home has a new Volunteer Chaplain. Please allow me to introduce Rev. Edward Caldwell. He served 21 years in the Army, and was wounded while serving in Vietnam. He started his ministering career working in nursing homes in 1974. Reverend Edward V. Caldwell, JR., was born September 1, 1929 in Richland County, South Carolina to Edward V. Caldwell, Sr., and Inez Caldwell. He married Virginia Jones in 1951 at Staten Island, New York. They are the proud parents of eight children, three boys, five girls, as well as twenty-one grandchildren and nine great grandchildren.



Caldwell attended public schools and graduated from high school in 1947 in Elizabeth, New Jersey. He received an Associates Degree in Business Administration from Armed Forces Institute in 1978, a Master of Christian Ministry from Universal Life Church in 1985. He is a lifetime member of the Disabled American Veterans, chapter No.1, of Tacoma, Washington. He founded and is presently Senior Pastor of The Great I Am Baptist Church of Tacoma, Washington. He retired from that Church 4 months ago and moved to Arizona. He realized early in his retirement that he still wanted to do ministry work, And fortunately for us, we are the blessed recipients of his volunteer service. He will have a desk up in the Therapeutic Programs office (A204). He plans to be here approximately from 10 am to 2 pm Mondays through Fridays. He may be reached at ext. 1860.

Poetry

A Tribute to John Star

Graduation is almost here
Yes it's just around the bend
I'm sure when you started school
You thought it would never end
But the weeks and months rolled by
The time is almost past
I am sure there was a time I know
When you thought you'd never last
But now you are getting ready
To be a full pledge R.N.
Yes, hard work and diligence has finally made you one of them
Congratulations



Poem By
Stewart C. Mathews





Sun	Mon	Tue	Wed	Thu	Fri	Sat
Please check each units calendar for a more detailed calendar of events.						
1 Ice Cream Social Wheel of Fortune	2 Bingo Sun City Elks 2:00pm	3 Outing: Turf Paradise 10am Bible Study LH 11am	4 Peppy Steppers (line dancers) 2pm	5 Guys and Dolls performance LH 2pm	6 Neighborhood Council (all units) 10am Concert Leon Little- ton C-2 11:40am Outing: Fish Fry (D-2)	7 Moon Valley NHS Bingo 10am
8 Carrie Sudder Con- cert 2pm	9 American Legion Sing-A-Long 10am Christ's Greenfield Elem. School C-1 10am Bingo Phoenix Elks 2pm	10 Bible Study (LH) 11am	11 Outing to Wal-Mart 9am Concert Irish danc- ers LH 10am Monthly B-day Party LH 2pm	12 Late Night Poker 6:15pm	13 Concert Mary Stuart D-1 11:20am Concert Todd Hagan (D-2) 11am Outing Fish Fry #29 (C-2)	14 Concert Shaylyn James LH 2pm
15 Ice Cream Social 2pm Jeopardy	16 Concert Leon Little- ton LH 2pm Late Night Bingo 7pm	17 St. Patrick's Day Meal LH 11am-1pm Bible Study LH 11am	18 Fish Fry Post #1 C- 1 11am Food Committee LH 2pm Movie of the month C-1 3pm	19 Outing to Canteen Bingo 2pm	20 Concert Dave Swain C-2 11:40am Concert Ken Walker C-1 11:50am Outing Fish Fry #9400 D-1	21 Amer. Leg. Post #29 BBQ 11am Showtime Band 10:30am
22 Ice Cream Social 2pm Pokeeno	23 Phoenix Art Mu- seum LH 10am Bingo Phoenix Elks LH 2pm	24 Outing Apache Junction Lunch and Bingo 8:30am Bible Study LH 11am	25 Marathon Bingo 9am	26 Strength training w/ personal fitness coach Mike 10:15am Bingo	27 Concert Hired Hams D-1 11:20am Fish Fry DAV #22 Independent Resi- dents	28 Outing Steak Fry DAV #8 Mesa
29 Outing Renaissance Festival	30 Cesar Chavez ROTC for walks in the park 8:30am	31 Bible Study LH 11am				

Word Search

Violet
Rose
Spring
Magnolia
Petunia
Daisy
Jasmine
Oleander
Gardenia
Lily
Primrose
Pansies
Bellflower
Lavendar
Impatiens
Begonia
Cherry Blossom
Camellias



m	p	e	t	u	n	i	a	a	b	i	j
o	a	i	m	p	a	t	i	e	n	s	a
s	n	e	y	r	d	n	l	s	r	a	s
s	s	l	o	d	e	l	o	p	y	i	m
o	i	s	a	d	f	r	n	r	m	l	i
l	e	i	r	l	o	o	g	i	s	l	n
b	s	a	o	m	v	l	a	n	n	e	e
y	g	w	i	e	n	i	m	g	e	m	j
r	e	d	n	a	e	l	o	i	p	a	c
r	a	d	n	e	v	a	l	l	l	c	m
e	s	o	r	m	i	r	p	r	e	i	l
h	b	e	g	o	n	i	a	a	e	t	t
c	i	r	m	o	e	r	e	a	l	e	r



Recipe

Basic Brownies

Ingredients:

1/2 cup butter
2 squares unsweetened chocolate
1 cup sugar
2 eggs, well beaten
1/2 teaspoon vanilla
3/4 cup flour
1/4 teaspoon salt
1/2 cup chopped walnuts



Directions:

Melt butter and chocolate together in a large saucepan. Remove from heat and stir in remaining ingredients. Pour into a greased 8 inch square pan. Bake at 350 degrees F. for 25 to 30 minutes. Cool and cut into squares.



Arizona State Veteran Home

Phone: 602-248-1550

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